

at a glance

*Aging and
Adult Services
in North Carolina*

Summer 2007

Two from NC Receive Awards from Southeastern Association of Area Agencies on Aging

The Southeastern Association of Area Agencies on Aging (SE4A) will recognize the significant accomplishments of two North Carolina leaders in aging during their Annual Training Conference in Savannah, Georgia September 17-19, 2007.

Dennis Streets, Director of the Division of Aging and Adult Services (DAAS), is the recipient of the 2007 Jane Kennedy Excellence in Aging Award. This award recognizes outstanding contributions of individual(s) or organization(s) that promote the safety, welfare, and well-being of older persons in the Southeast region and more specifically, individuals who have made significant contributions to the Southeastern Aging Network and national level involvement in the Aging Network. Previous North Carolina recipients since 1977 include Dr. Ellen Winston, Morton Congleton, Dr. George Maddox, Lieutenant Governor Beverly Perdue, and Margot Raynor.



Dennis Streets

SE4A's Outstanding Community Service Award is given to individuals or organizations who have made outstanding contributions to the lives of older people. Lorraine Galloway, Training Coordinator at the NC Justice Academy will receive this year's award for her contributions to the Division of Aging and Adult Service's Elder Abuse Education initiative, S.A.F.E. in Long-Term Care. Lorraine's tireless dedication and collaboration with DAAS has made the training curriculum for law enforcement officers a great success and has brought the initiative attention at both state and national levels.

*SE4A is a nonprofit organization dedicated to the sharing of information among Area Agencies on Aging in eight southeastern states in order to provide a unified voice for the expression of programmatic needs in the Aging Network.
More information is available at www.se4a.org*

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Aging and Adult Services Legislative Review

It is important for the Aging and Adult Services network to be aware of current State policy. Below is a review of State budgetary matters as they pertain to aging and adult services.

The Division of Aging and Adult Services will be working with the Institute of Government and others to produce a more thorough review of this legislative session.

Report on Budget Bill and Special Provisions that Relate to Aging and Adult Services

Item	FY 07-08	FY 08-09	Comments
Pilot for Adult Care Home Quality Improvement	\$264,000 (Non-Recurring: NR)	\$264,000 (NR)	This project is underway with four county departments of social services that have volunteered to participate (Alamance, Buncombe, Nash, and Rutherford).
Area Agencies on Aging (AAAs)	\$300,000 (Recurring: R)	\$300,000 (R)	These represent additional State funds for NC's 17 AAAs, but the funds only partially restore the 2001-02 cut.
Senior Center General Purpose Fund	\$200,000 (NR)	-----	This one-time funding is in addition to the recurring State funding of \$1,265,316 for Senior Centers. There are currently 163 senior centers in NC eligible for some of this funding.
Home and Community Care Block Grant (HCCBG)	\$536,000 (R)	\$536,000 (R)	These funds will be allocated to counties using our funding formula, which is based on the following factors: population age 60 and older (50%), pop. 60+ in poverty (30%), pop. 60+ minority (10%), and pop. 60+ rural (10%). This additional money will be added to the current funding for HCCBG of \$50,413,431, of which \$29,442,074 is state appropriated. It is estimated that the additional \$536,000 will help serve 100 older adults among the more than 11,500 on the wait list, most of whom need home-delivered meals and/or in-home aide services.
State-County Special Assistance (SA)	Increases the SA monthly rate from \$1,148 to \$1,173 (R)	Increases the SA monthly rate from \$1,148 to \$1,173 (R)	The increase, effective October 1, 2007, affects participants in the SA In-Home program as well as those in adult care homes.
Special Population Dentistry	\$200,000 (NR)		This one-time funding is intended to help support a mobile dental provider to deliver services to frail elderly and persons with disabilities in unserved areas.
NC Rx Program	\$250,000 (NR)	-----	Provides funds for the Seniors Health Insurance Information Program to provide grants-in-aid to community organizations to assist seniors in enrolling in NC Rx and Medicare Part D.

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In addition to these items, some other notable legislative action included:

- Restoration of the state tax credit for the purchase of long-term care insurance for eligible people;
- Increase in the property tax exemption and income level for older and disabled State residents who qualify for it;
- Creation of a senior circuit breaker tax benefit which defers property taxes on certain owner-occupied homes (eligibility requirements apply).

- Creation of a rating system for adult care homes; and
- Creation of a Silver Alert System within the NC Center for Missing Persons to provide rapid public notice when a person suffering from dementia or other cognitive impairment is missing.

For more information, contact Mary Edwards at (919) 733-8400 or mary.edwards@ncmail.net

EPA Takes on Aging

In an effort to reach older adults, caregivers, and people with chronic diseases to educate them about environmental health hazards that can affect chronic conditions, the U.S. Environmental Protection Agency's (EPA) Aging Initiative has developed fact sheets that outline simple and important preventative steps to reduce exposure to environmental hazards and protect one's health. These fact sheets are particularly useful for older adults with chronic conditions such as heart disease, stroke, asthma, and Chronic Obstructive Pulmonary Disease. Standard versions are available online at www.epa.gov/aging. The fact sheets have been translated into Spanish and other languages and are available online at www.epa.gov/aging/resources/fact-sheets/index.htm#fs. They are also available in formats written for people with limited reading ability as well as a large font size for people with limited vision and are available at www.epa.gov/aging/resources/fact-sheets/index.htm#lowvision.

The EPA Aging Initiative and its partners have created an awards program to recognize counties, municipalities and tribes for their efforts to promote livable communities for all ages called "Building Healthy Communities for Active Aging." Information on "Building Healthy Communities for Active Aging," is available online at www.epa.gov/aging.



Empowering Older People to Take Control of Their Health through an Evidence-Based Health Promotion Program

In June 2007, the NC Division of Aging and Adult Services and the Division of Public Health (DPH) received a 3 year grant from the U.S. Administration on Aging to carry out a campaign to implement and sustain the Stanford University Chronic Disease Self-Management Program (CDSMP) to reduce the risk of disease and disability among seniors. Evidence-Based Programs like CDSMP are interventions based on evidence that are generated by scientific studies published in peer-reviewed journals.

In North Carolina, the CDSMP will be provided by lay-leaders and offered in 46 counties statewide. NC will target low-income, minority, and/or rural older adults experiencing chronic health conditions such as hypertension, arthritis, heart disease, stroke, lung disease, and diabetes. Key partners include the Aging and Disability Resource Connection Program (ADRC); the Community

Care of NC Networks (CCNCs), the Division of Public Health Office of Healthy Carolinians; AARP-NC; Allied Health Resource Centers; the NC State University Extension Service, and faith-based groups.

The growing older population and the increasing costs of chronic disease are significant trends in NC. Today, 28 of NC's 100 counties have more people age 60 and older than those age 17 and younger; by 2030, this scenario is projected for 75 counties. While seniors made up 13.1% of Medicaid expenditures for fiscal year 2005, they consumed 27.3% of Medicaid service dollars.

The overall health status and health practices of NC's growing older population are troublesome. The 1997-2001 Behavioral Risk Factor Surveillance System (BRFSS) revealed that almost 33% of adults age 50 and over rated their health as poor or fair with minority women reporting

the highest rates. According to "The State of Aging and Health in America, 2004" report, NC failed miserably (47th to 49th) in three key health behavior indicators—oral health, physical activity levels, and nutritious eating habits.

The CDSMP provides information and teaches practical skills on managing chronic health problems giving them the confidence and motivation needed to manage a chronic health condition. The goal is to enable participants to build self-confidence to assume a major role maintaining their health and managing their chronic health conditions. Ultimately, NC will create a statewide infrastructure for ongoing sustainability and quality assurance of CDSMP programming.

For more information, contact Audrey Edmisten at (919) 733-8400 or audrey.edmisten@ncmail.net.

Aging and Disability Resource Connections (ADRC) Receive Additional Funding

The North Carolina Department of Health and Human Services, Office of Long Term Services and Support, received \$200,000 from the US Administration on Aging (AoA) to facilitate activities toward statewide expansion of Aging and Disability Resource Connections (ADRCs) and to enhance North Carolina's long-term rebalancing efforts.

In 2004 North Carolina received its first ADRC grant to establish two pilot ADRCs in Forsyth and Surry Counties. The two ADRCs have successfully created a locally trusted and coordinated system of access to information and assistance for persons seeking long-term services and supports (LTS). The initial funds

also supplemented the creation and customized implementation of NCcareLINK, which serves as a statewide portal of information on health and human services.

Through these additional funds ADRC Community Readiness Workshops will be held across the

N O V E M B E R is

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH AND NATIONAL FAMILY CAREGIVER MONTH

We invite you to attend *Candlelight Reflections* on November 8, 2007.



Candlelight Reflections will honor all those affected by Alzheimer's disease and related disorders as well as all family caregivers. We invite communities and organizations across the state to participate in and/or host *Candlelight Reflections* on November 8, 2007.

Families provide at least 80% of all long term care—an enormous contribution to the long term care system. In North Carolina, 1.7 million adults are caring for an older person—more than 28% of the adult population. Over 40% of North Carolina caregivers take care of someone with a memory disorder like Alzheimer's disease. Their "caregiving career" will last an average of 8 years but may be as long as 20.

One in ten Americans say that they have a family member with Alzheimer's and one in three know someone with the disease. Alzheimer's disease is now the fifth leading cause of death in the United States following heart disease, cancer, cerebrovascular disease, and chronic lower respiratory diseases.

In North Carolina alone, an estimated 132,000 have the disease. Over the next 20 years, this number is expected to increase to 253,000 residents. More than 70% of people with Alzheimer's disease live at home and are cared for by family and friends.

Please join us on November 8th through *Candlelight Reflections*. Our hope is that the flame of each candle will enlighten our communities and state leaders as to the growing numbers of those living with Alzheimer's and the critical need to support all family caregivers.

Please contact your local Alzheimer's Association Chapter, regional Area Agency on Aging and/or the Duke African-American Outreach Program for more information on *Candlelight Reflections* and other National Alzheimer's Disease Awareness Month and Family Caregiver Month activities and programs.

Eastern North Carolina Chapter: (919) 832-3732 or www.alznc.org

Western Carolina Chapter: (704) 532-7392 or www.alz-nc.org

Duke Bryan Alzheimer's Disease Research Center (ADRC) African-American Community Outreach Program (AACOP): 866-444-2372

A list of local Area Agency on Aging Family Caregiver Resource Specialists can be found at

www.dhhs.state.nc.us/aging/fcaregr/fcjobs.htm

or call the NC Division of Aging and Adult Services at (919) 733-3983.

Now Available Online from the North Carolina Institute of Medicine

Providers in Demand: North Carolina's Primary Care and Specialty Supply (June 2007)

www.nciom.org/projects/supply/supply.html

The study of the primary care and specialty workforce in North Carolina was a collaborative effort of the NC Institute of Medicine, The Cecil G. Sheps Center for Health Services Research at the University of North Carolina at Chapel Hill, and the NC Area Health Education Centers Program. Current data from the NC Health Professions Data System indicate that physician growth is no longer keeping pace with population growth in North Carolina. The goal of the study was to identify likely provider shortages, both in terms of provider specialty (e.g.,

OB-GYN, surgeons, psychiatrists, geriatricians, pediatric subspecialists, primary care) and areas of the state experiencing persistent shortages. This initiative also examined the needs of underserved population groups (e.g., uninsured, immigrants, frail and elderly) in determining the types of providers needed in the future.

The Long-Term Care Plan for North Carolina: 2007 Update

www.nciom.org/docs/long_term_update_2007.pdf

The Long-Term Care Plan for North Carolina: 2001 2007 Update on Progress



The North Carolina Institute of Medicine

February 2007

North Carolina Institute of Medicine



Dorothy Crawford (far left) celebrated her 89th birthday on April 27th by advocating for the importance of the Grandparents Raising Grandchildren Program in her Tri-County region. Dot has been a lifelong advocate for the needs of older adults in North Carolina.

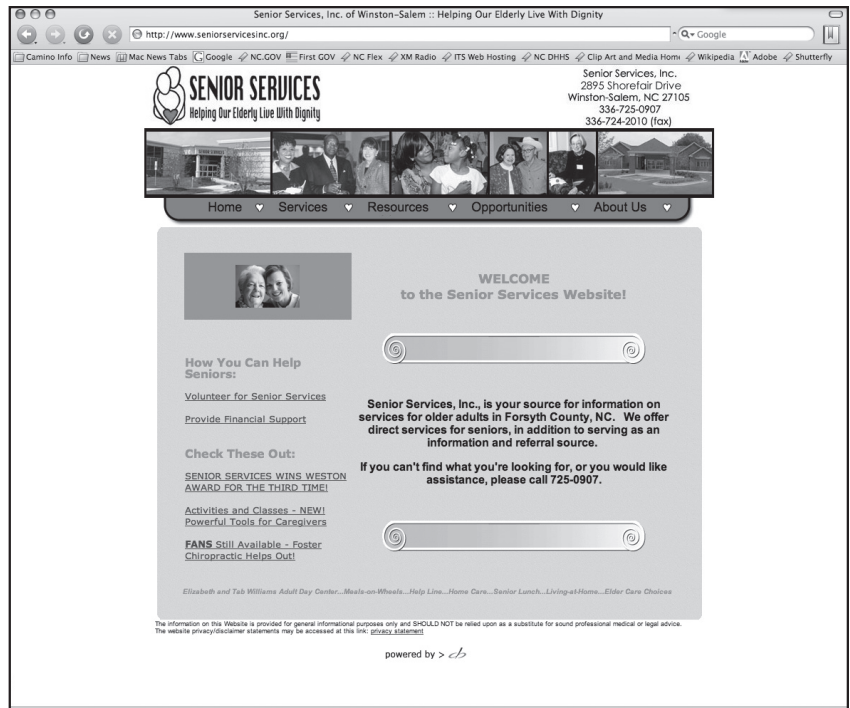
There are many groups across the State seeking to help grandparents raising grandchildren. Family and Consumer Sciences Extension Agents of NC Cooperative Extension are often among the local partners. For example, Agent Susan Chase of Beaufort County recently held an event called Grand Ideas to help grandparents with information on food stamp eligibility, legal issues, and social and emotional issues, while also helping children through 4-H.

For more information regarding Grandparents Raising Grandchildren, contact Jody Riddle at (919) 733-8400 or jody.riddle@ncmail.net.

Senior Risk Reduction Demonstration

The Senior Services' Help Line of Forsyth County was chosen as one of ten participants in the Senior Risk Reduction Demonstration (SRRD) jointly sponsored by CMS and the U.S. Administration on Aging. The Help Line is one of Forsyth County's Aging and Disability Resource Connection (ADRC) Stations. Trained Aging Services Counselors are available to guide seniors, their families, caregivers and professionals through the complex maze of local programs and resources designed to help the older adults in Forsyth County maintain their independence.

The goals of the SRRD are to reduce health risk factors; to improve health behaviors and functioning; and to prevent disability for the participating Medicare beneficiaries. Independent vendors will select the Medicare beneficiaries based on age (between the ages of 67 and 74) and a predetermined list of 17 risk factors. Help Line staff will provide referrals to and counseling about resources available in Forsyth County to approximately 550 seniors each year.



Counselors will also provide assistance to anyone needing help accessing services. This 3-year demonstration is scheduled to begin March 2008, and will complement other initiatives underway in North Carolina to promote healthy aging and better manage chronic conditions.

For more information about Senior Services of Forsyth County, go to www.seniorservicesinc.org.

ADRC continued on page 4

state and small grants will be made available to communities who are moving toward ADRC development.

For more information contact Sabrena Lea, ADRC/Access Coordinator, at (919) 855-4428 or sabrena.lea@ncmail.net. You can also visit the public page of the national Aging and Disability Resource Center at www.adrc-tae.org.



Legal Aid Update

The Division of Aging and Adult Services in partnership with Legal Aid of North Carolina (www.legalaidnc.org), and the Carolinas Center for Hospice and End of Life Care received one of two State funded grants from the License to Give Trust Fund Commission. The partners will use its \$88,258 grant to develop a statewide education and outreach program on advanced directives and organ donation. They will train local and statewide facilitators to host events that will promote organ, tissue and eye donation in North Carolina. The primary objective is to increase awareness and encourage individuals to incorporate organ donation into their advance health care decision-making process. A second goal is to increase the number of organ donations within minority communities.

The License to Give Trust Fund Commission was established in 2004 by Session Law 2004-189 and is under the N.C. Department of Administration. For information regarding grant opportunities or to learn more about the Commission call 919-715-3837 or visit www.doa.state.nc.us/lgtgfc.

For more information, contact Lynne Berry at (919) 733-8400 or lynne.berry@ncmail.net

Calendar

For a complete DAAS calendar of education and training events, please visit www.ncdhhs.gov/aging/trngcal.htm.

Special Assistance In-Home Update

The 2007 North Carolina General Assembly affirmed its support of the State/County Special Assistance (SA) In-Home Program by codifying the program in Chapter 108A of the General Statutes. The SA In-Home Program can now expand based on 15% of the total statewide SA caseload. SA In-Home provides a cash supplement to help low-income individuals who are at risk of entering an adult care home and prefer to remain safely at home. Currently 88 counties are participating in the SA In-home program. For more information visit the DAAS website www.ncdhhs.gov/aging/adultsvcs/afs_sa_inhome.htm or contact either Brenda Porter (brenda.porter@ncmail.net) or Chris Urso (chris.urso@ncmail.net) at (919) 733-3818.

The screenshot shows the website for the North Carolina Division of Aging and Adult Services. The main heading is "Special Assistance In-Home Program (State/County Special Assistance In-Home Program for Adults)". The text describes the program as a cash supplement for low-income individuals at risk of entering an adult care home. It lists eligibility criteria, including Medicaid status and income. A sidebar on the right titled "What is Adult Services?" lists various services like Adult Care Home Case Management, Adult Placement Services, and Adult Protective Services. The bottom of the page includes contact information for the county department of social services and a link to the 2007 Annual Report.

at a glance

Editorial Board: Dennis Streets, Erin King, Kate Walton, Debbie Brantley, and Lori Walston

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